Evening World Daily Magazine



Deep Breathing FOR Health and Beauty

BY PAULINE FURLONG

Another "Spine Test"

NOTHER test for your spine is given to-day. It is one outlined by Dr. W. R. C. Latson, distinguished writer on physical culture. Readers should try this one as it is here outlined, because without correct carriage health and beauty cannot be attained.

Stand in your usual position with a weight of from twenty to forty pounds on your head for at least five minutes. If at the end of that time there is no pain or discomfort noticeable you may rest assured that the spine is straight, because if it is curved you cannot stand the weight and strain for more than two minutes without pain in the neck, shoulders or small of the back.

Many slender women write and ask me about certain flesh foods and socalled tissue builders, and I want to enswer them to-day by stating emphatically that nothing but pure, rich cause pure blood filled with oxygen, and be convinced. through deep breathing, is the only real cosmette and beautifier.

straightening and strengthening of through deep breathing practice only a beautiful figure, and these must be clothing and any pressure upon the rattained through patience and perse-body. For this reason this important nothing to try it, and the results are diseard the corset even for a short so sure and so lasting that I am in space of time

Answers to Health and Beauty Questions

corn with a abarp, sterilized knife. each night, and after the corn has cure. disappeared wear a dry place of colton between the foca to prevent the reappearance.

FAINTNESS - MRS. DAVID A.: Weakness and lowered vitality must EASILY TIRED-MRS. WALTER make you feel weak after you stand If a short while.

NEURALGIC HEADACHES-MINE erished and impure blood, like many other pains and aches. Internal treatment is necessary and the blood must be purified and enriched before relief oan be had.

ABOUT FRUITS MRS. FRANK C.: Fruits are not fattening, except banance, grapes and olives.

BEST MEAT TO EAT-MIN. olal meat to eat. It is nurritions and is also nourishing. Neither especially fattening.

RED NOSE-WALTER D.: Red droulation, tight elothing and alcohol of these conditions will show marked improvement.

OLIVE OIL FOR CONSTIPATION MRS. G. D. S.: Yes, this will neve constitution in most cases. fattening, as they are not assimilate

EXERCISES FOR HEALTH-MARK N.: All exercises are a valuable aid in keeping the body in splundid condition and each person should spited to his individual needs. Five ject of physical culture exercises,

CATARRH-ALPRED G.: No. en

Ordinary Tumblers Made Sanitary

HE simplest of all the recent devices for guarding against



even in drinking water, is a small plees of waxed paper, or a settle driving region of the plans and prevents the lips from tauching the surface of the tumbler while drinking.

Like to See This Diamond is Your "Oh, Billi" she cried; "ain't it too early to start?"

"A million!" whispered Bill. "There mills drawn to the flame, pushing dress flaunting its during poppy colorgand showing good naturesly for a set the soft coul of her hair—black as a view of the covered jewels. As Bill erew near be turned to Nodda with a flower at her breat. She had tucket a flower at her breat. She had tucket a flower at her breat. She had tucket a flower at her breat. over the rim of the mass and prevents the lips from tembers while defining,
says Popular Science Monthly.

It will fit over any gives of our
and will make it possible for you to
enjoy an ice cream sods of a drink
of water anywhere. The part of the

paper which is held inside the glass flung back his shoulders—that some-will prevent any sediment, which thing had occurred—something tre-may be in the bettom of the glass, mendous, paper which is held inside the glass flung back will prevent any sediment, which thing had may be in the bottom of the glass, from reaching your lips. This little mendous intention is the idea of a woman. "Neddai"

pound weight on your head for

blood will bring about any improve hopes that doubtful readers will pur ment in the complexion or figure, be- sue this course for several months

The diaphragm—the large breath ing muscle-must also be strength-The development of the chest and ened, and this can be brought about the spine are the first essentials to when the body is free from tight verance with physical exercise and muscle often remains undeveloped, doep breathing practice. It costs because many vain wemen will not

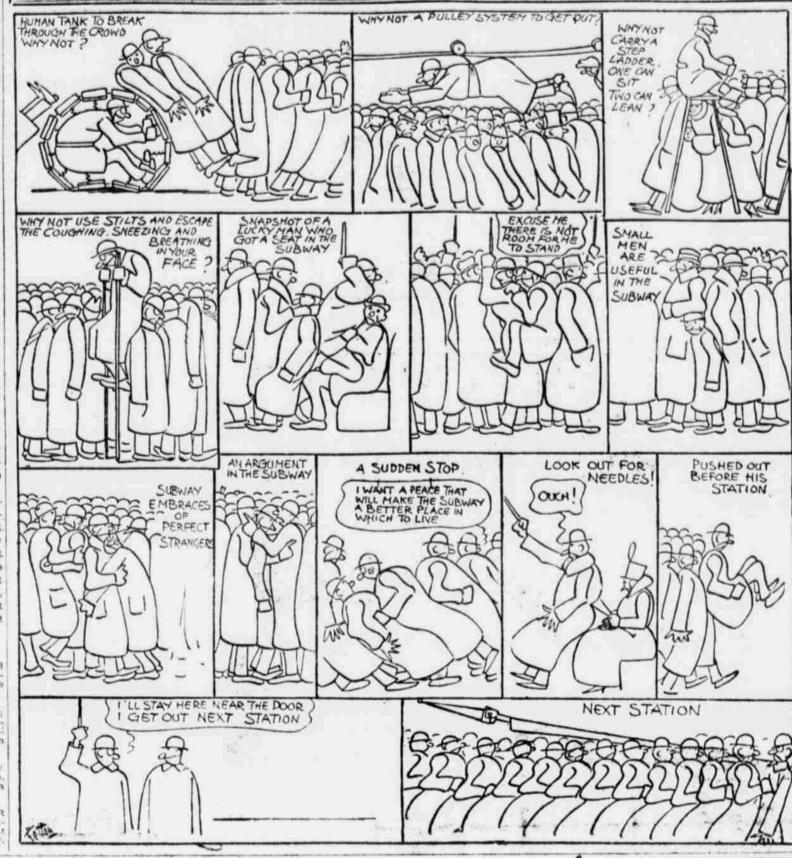
SOFT CORNS MRS. R. H.: improper drying of the feet and persones are more likely to cause it. Respiration cause these. Rathe the feet tailed waste matter in the system is also another cause of catarrh. WINDBURN-MRS. LOTTIE R. quite closs. Then apply turpenture Use equal parts lime water and en a puff of cotion. Put this on fresh seed oil on the burned surface.

> PAIN AT BASE OF SPINE-G N tram or of a neuralgic nature. See a

F. This is due to lack of nervous vi-tality. Breathe deeply and drink at east three quarts of water a day.

New York Subway

By Maurice Ketten



The Evening World's . Kiddie Klub Korner CONDUCTED BY ELEANOR SCHORER

Buster's Adventures By Uncle Harry

Good for Evil

NE day Buster heard a strange noise in the forest, so he slipped through the hole in the fence and went to see what the trouble was all about. It was Mr. Hawk. He had tried to steal one of Mrs. Crow's bables and her friends were helping her drive him off. Soon they whipped him. so badly that he flew away.

It was nice in the forest, and Buster played on the grass until he got hungry. He was about to go home when he saw Mr. Fox.

"Come have lunch with me," said Mr. Fox. "I know where there's a nice, big piece of meat."

"Thank you, sir," Buster answered, I'll be glad to." Off they went until they saw a little tree under which lay a fine, red steak
"You can have first bite because

you're company," said Mr. Fox. Buster ran ahead and was within a foot of the most when he heard a could see him trying to pull his leg sharp click behind him and then a out. In the distance was the hunter howl of pain. Mr. Fox's hind leg was who had set the trap, hurrying tocaught fast in a cruel steel trap and it hurt him terribly.

Buster rati back and tried to get "Thint meat is the balt for one trap him loose, but he couldn't; the trap and Mr. Fox was trying to get you



him loose, but he couldn't; the trap was too strong.

"I'll go and get help," he said, and off he went as fast as his legs would carry him. He ran until he was so tired he thought he couldn't go another step. Then he saw Mr. Elephant.

"Oh, siri" he cried, "come quick: Mr. Fox is caught'in the trap.

Back he started with Mr. Elephant put his heavy foot upon the spring and the trap flew open. Mr. Fox hung his head in shame and ran away.

Then Mr. Elephant picked Buster up in his trunk and carried him home.

Cousin Eleanor's Klub Kolumn

Dear Cousin-Kins:

Several of you have asked, and no Several of you have asked, and no ning World is sought by many gredoubt many more are wendering, why authors. It is worth waiting for. your stories have not appeared in the Kiddle Klub Korner.

I do not believe that you have the faintest idea how many s'ories, poems and compositions of real morit come to me through the mails every day. them and edit them. Then they are fro to appear and I endeavor to have

them published in that order. When a contribution is timely, that is to say, when it relates to the present season or present activities, it

JANUARY CONTEST. SUBJECT: "MY VALENTINE."

LIDDIE KLUB MEMBERS are K invited to enter a contest for ten best valentines with appro-There are dozens of them. I read priate verses. A dollar prize will be awarded the members of the ages them and cdit them. Then they are from six to fifteen inclusive who sub-placed in the order in which they are mit the best valentines and verses. to appear and I endeavor to have The contest will close Monday, Jan. Prize winning valentines are to be published in this "Korner" during February, beginning Saturday, the 2d

QUESTIONS AND ANSWERS.

No we have to other the rejections?

No. not uniff you are exteen, and then girl friend is going on fifteen years,

I write a story containing more than for the Kiddle Kidd Kolumi? but award by entirely too long. Trees up more than 200 words. or accept compositions from the men

construct on any sind of a part of a construct gallers; for a single side of a construct of a co



ROAD OF AMBITION

Matthews Sees a Roseate Vision Of Wealth and Power About to Be His. Tich-no; you're goin' to have that beauty down in front." Neddla drew her breath sharply. Sunsets beat furnaces, all hollow. Twinkling up at her from its bed of purple velvet lay a brooch of diamonds—Levenstein's nice de renistance—a rare piece for so garlsh a window, but one which Levenstein that were the scend dividing line of least would draw the crowd. It was lettle and made for the better part of the team, some little distance away. "Complete Medius Newsonia Syndicates." "On not that!" gasped Nedda, as

Consequent Mediure Newspaper Syndicate.)

NYSOPSIS OF PHILEDING CHAPTERS

Bit histories steel mill become a few paper in the palance terms with Tour Related to the ability of green paper in the hand in madricus, sale, as secretly argued to the ability of green paper in the hand in madricus, would charge the store and its rear wheel caught in a rut. About purchase it then and there. "Not it fussed an anxious little chauffeur you," she said, carneally. He shock that we will be a subject to the ability of green paper in his hand. "I can't tell you how much I thank madricus, would charge the store and its rear wheel caught in a rut. About purchase it then and there. "Not it fussed an anxious little chauffeur you," she said, carneally. He shock that it she had. "Two held to the plant said being the paper in his hand."

Sare!" he cried, delighted. "Just car, but her face was a woman in the his head.

Sare!" he cried, delighted. "Two held to the chauffeur.

Soreward. He'd take it—some day he'd evasionally be found an old horse, to the chauffeur.

Towns an anxious little chauffeur.

"Two held to the chauffeur."

Towns an anxious little chauffeur you," she said, carneatly. He shock the her all.

"Two held to the chauffeur."

She held take it—some day he'd evasionally be found an old horse, the head to the chauffeur.

Bill example to be rich!"

ENSON pushed forward a chair.

"Sit down," he said.

What are you goin' to do with it?"

Bill soated himself uncomfortaply on the calculated and stared at her as want."

Bill example for something new. "Have you goin' to do with it?"

Dresses let's see what kind you "Everything aply on the calculated and stared at her as want."

only, and to-merrow's Sunday; so consider the model of the state of th

Bill gripped the arms of his chair.

"And—and if this proves out—what'll it mean, sir?"

I be stared at the ceiling, and at length spoke.

"I don't want to raise your hopes, lift, as it may mean nothing. But should it prove—should it prov

"Sure!" he cried, delighted. "Just car, but her face was averted.

Bill examined the wheel carefully, She held out a coin and he moved door of a Factory Street saloon might forward. He'd take it—some day he'd occasionally be found an old horse, shew it to her. She drepped it in his hitched to its dingy wagon, head hand and he felt her cool fingers. The sar shot forward with a sud
Dresses—let's see what kind you "Everything that could be done's been.

Towann't nothin."

She held out a coin and he moved door of a Factory Street saloon might of evaluationally be consisted and he felt her cool fingers. The sar shot forward with a sud
The sar shot forward with a sar shot forward with a sud-

interested."

Tou'il buy me anythin' I want?"

She winspered.

Tou'il buy me anythin' I want?"

Tou'il buy me anythin' I want?"

She winspered.

Tou'il buy me anythin' I want?"

Tou'il buy me anythin' I

he nodded, "Come on in."
But Bill shock his head, "Ain't got breath,

I think it's more the color of the sun-"Neddal" he shouted, "I'm goin' to "Too much! Ain't I told you I'm the sky is so soft and red you'd like ins last, moping his forehead.

straightened up. Miss Van there be was in conference—those bis reins.

"Aw, cut the comedy!" he growled.

The Clue of the Twisted Candle

Best Detective Story in Ten Years, Told by an Expert Begin the Story Here Monday, February 4.

ENSON pushed forward a chair.

"But seated himself uncomfortation and a ready series of the state of the stat

Shell straightened up. Miss Van Sherl The daughter of the dethraned Shell Englished Shell Shell

she furned, and Hill draw a quick protein the furned, and the down the control of the street was a street with the street was an entit to an object the street was an entit to be street with the street was an entit to be street with the street was an entit to be street with the street was an entit to be street with the street was an entit to be street with the street was an entit to be street was an entit to be street was an entit to be street with the street was an entit to be street was an entitle to be street was an entit to be street was an entitle to be street was an entit to be street